

A Simply Senior's Keepsake

Book Nine

Caring for Elderly Seniors



by

The Whitby Historical Society

with grateful acknowledgments to

The New Horizons for Seniors

The Department of Human Resources and Skills Development

Canada

A Simply Senior's Keepsake
...connecting our youth with stories of our Seniors
Recipes, Resources ^{plus} and Refreshing Ideas

Published by:

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The Department of Human Resources and Skills Development
Canada

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Acknowledgments:

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Comfort Foods, Special Diets & Spicing up Life

Mix into a soft dough. Spoon some into a buttered pie plate. Using a plastic wrap smooth into place around the bottom and sides of the pie plate. Or dip fingers into more Pastry Flour Mix #2 and smooth into plate. (You can add more flour mix #2 to stiffen if you like for rolling) To make a top crust, roll between two sheets of wax paper or plastic wrap and freeze until ready to use. Use in any regular pie recipes. See Gluten Free Goodies by Trina Astor-Stewart for more pie recipes. Make a few pie shells and freeze ahead. Bakes best when dough is cold and then placed into oven. 350F for 15 mins. approx.

FRESH BLUEBERRY PIE

Bake the pie crust and let cool.
Toss fresh blueberries in dissolved - 1 package of gelatin, 1/3 teaspoon Vitamin 'C' crystals,
2 tablespoons sugar.
Pour blueberries and gelatin mixture into baked pie shell and refrigerate until set, about 1 hour.
Garnish with freshly whipped cream.

For Crumble Toppings for other pies
Crumble Topping: 1/2 cup Astoria Mills All Purpose Mix #1
1/4 cup butter, 1/4 cup sugar. Crumble together and sprinkle on top of filled pie and bake.

For variations on the corn bread, add a pinch each of cayenne pepper, black pepper, turmeric.
Add 1/2 cup grated cheese or

cooked bacon bits, or frozen kernel corn.

Substitutions for Wheat or Milk

As in the corn bread recipe above, you can use corn starch in some recipes instead of wheat flour. This works in carrot cake recipes, for thickening gravies and sauces, and for making scalloped potatoes. Corn starch can also be substituted in Lemon filling for Lemon Meringue Pies. Some recipes already call for cornstarch, however, when eating out, some contain wheat so be careful.

Lemon Meringue Pie can be a good choice for a lactose Free pie.

There are many substitutes for milk. Water is also a good substitute in some recipes, but not scalloped potatoes, and oddly not pancakes. So use either soy or almond milk respectively. You are going to have to experiment and find combinations you like.

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Elderly Seniors

There are stages of health and activity levels for people of all ages. Elderly Seniors can live long and have a good quality of life.

Sometimes all it takes is a little more care.

Maybe all you need is someone to come into your home to help you with tasks you find difficult. Maybe help with meals, cleaning, washing, or getting you to appointments.

There are options to fit your needs as a senior at whatever level of care you prefer or need.

In Home Care

Retirement Residences

In-Law Apartments -Living with Relatives

Short Term Respite Care

Nursing Homes

Family or Care while in a long term care facility.

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*Ellie Tureck and Tina Dezsi
mother and daughter team at T & E
HealthPros Inc.*

Caring For Seniors

by: Tina Dezsi

T&E HealthPros Inc. is a family owned company operated by a mother and daughter team of Ellie Tureck and Tina Dezsi. Together a combined 55 years of experience in home healthcare has given them a compelling passion to bring quality professional care to the public.

Experience taught them there were many missing pieces and families were not completely fulfilled with the care they required for their loved ones. They felt the personal relationship built with each person was not being developed. They decided that their passion was to bring this back into the business and provide it to their clients. With this philosophy in mind – Clients are

number one at T&E HealthPros and you can count on being treated that way no matter what service to choose.

Ellie has over 30 years experience working with families in Durham Region and has a passion for seniors. She meets each client individually and provides them with heartfelt support and ensures they are taken care of. T&E HealthPros' mission is to provide the best possible care to each client that chooses their unique service.

T&E has a reputation second to none in Durham Region due to the incredible staff we are blessed to have.

From your first call to our office where you will speak to a Senior Care Specialist to our RN that oversees all the care plans to our Supervisors in the field with experience in assisting clients hands on with their needs to our general manager trained in elder care your experience will exceed your expectations.

Everyone at T&E believes in one thing: Quality, Care and Service will exceed Your Expectations!

We offer:

- Housekeeping
- Moving in and out of new home
- Senior Care
- Alzheimer Day Program
- Incontinence products

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- Family Counselling
- Footcare

- Transportation packages available
- Incontinence supplies delivered right to your home.

Our Services Include:

Home care – live-in or out; 2-24 hour care available in your home, hospital, retirement or long term care home.

- Personal Support
- Companion Care/Caregiver Relief
- Alzheimer and Dementia care
- Nursing (RN or RPN's)
- Footcare and Reflexology
- Housekeeping
- Vacation and supplemental staffing needs
- Day Programs
- Counselling, group and individual sessions
- Yoga, Tai Chi, Pilates and other classes
- Incontinence supplies

T&E Features to Serve you Better!

- Confidential, discreet service in your home or in our centre
- Full free assessment and consultation -Senior care specialists
- Wheelchair accessible
- Special security measures in place
- Registered nurse on duty at all times with PSW's
- Qualified staff leading programs
- Everyone welcome – extra care packages available for clients with mobility needs, incontinence, colostomy, wound care and medications

We are there to help you every step of the way.

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Caring for elderly parents – What about moving in together!

by: Trina Astor-Stewart

These days more and more parents and grown children are going for an age old custom, creating a multi-generational home. Pooling home costs and resources can be beneficial for all concerned.

An important factor is to have well defined separate spaces, that can also overlap. The benefits can be powerful. A better home for a young family and caring support for an elderly parent. Be sure that you take into consideration the growing needs of the senior family member; you may have to reserve funds for additional household cleaning and help. Seniors can also bring a wonderful addition of support and help for your young family.

This is a growing trend as lifestyle changes can benefit children, their parents, and even grandchildren, in more ways than just financial. With the right home layout and perhaps minor modifications in lifestyle, this option can be very suitable.

A rising trend in the Real Estate business is the request for an in-law suite. The aging of North Americans and the rising cost of housing are bringing families back together. It is well worth

examining moving in together.

Of course, there are always relationship issues to deal with. There are these whether you are living together or apart. You have a head start, because of a lifetime of love and family relationships. Often, there are many more benefits for both sides in living close. If there is an emergency or even just an everyday situation that requires your attention on a regular basis, close proximity can make it much easier to deal with than having to drive across town.

Realtors find that in some instances, a parent sells a large home, helps pay for a portion of another family home and invests the rest for any future possibility of long care needs. A senior can also contribute to house cleaning and additional services needed in the home that allow for everyone to spend more leisure time enjoying children and grandchildren, going on vacation and in general enjoying life. Grandchildren find there is always someone home when they come home from school; this can be a real advantage.

A good way to start is to list the basic needs of each household separately and see which can be amalgamated and by whom. For instance it takes not much longer to grocery shop for mom as well as your own family. Or how nice would it be to come home from work and have dinner ready? It is also important to think about what you will do in future scenarios ...what will everyone feel comfortable with. Plan for future times.

Realtors I talked to say that one of the major requests is for a bright space for mom and

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dad. Basement apartments can be dreary and make elderly people feel shunted away. One exception is a back split home, where the basement feels like the main floor. Lots of light is the key. Also having a separate entrance is a good choice. The more independent, mom and dad are the longer they will feel like they are living life on their own terms still. This also gives the young couple and their children a chance to be an independent family unit.

The basic requirements for an in-law suite are a bedroom or two, a living room, an eat-in kitchen and a four piece bathroom, plus a little extra storage space if possible. Shared laundry facilities are a possibility, but since there are small units, they may not have to be shared. Creating an in-law suite or addition in any home you decide to purchase is possible with the right contractor. An in-law suite does not require a private entrance, although it is preferred. Building permits are required for building a kitchen, bath or any areas requiring plumbing, heating, and electrical work that need to be safely designed and installed.

Snyder Construction
www.SnyderConstruction.ca

Captain Electric -
www.CaptainElectric.ca

The cost varies, but the resulting real estate benefits can be very good going forward. Demand is increasing for homes that can accommodate multi-generations, which can increase the value of your home. A well thought out home can definitely increase

the environmental life-style for everyone in the home! Looking after aging parents is emotionally difficult, especially if there is more care needed than you can give. You have to have a life too, remember that!

You need to plan for unforeseen events that can occur in your own life, such as job transfers, more children, the need for help to avoid care-giver fatigue.

You need to be realistic in planning for the future needs of your parents, such as when nursing home care may be necessary. A parent needs to be aware of these possibilities and be able to accept them, by thinking about these things early on; it can help make smoother transitions down the road. Financial professionals need to be consulted to assure that an elder's finances are properly managed for their ongoing care needs, no matter what. One thing many people learn is that it can be even more emotionally difficult when a parent must be moved to a nursing home. This is a difficult transition for both parties, sometimes harder on the child, as they can have a feeling of guilt. An aging parent may get very used to being cared for in a home, today's care is better than ever. It can be the child having the problem, it is hard to see your parent aging and not being who you remember them to be.

However you navigate these changing times, the patchwork choices of private and public senior care can be no small feat. Make your choices carefully and examine all of the

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possibilities and how everyone will feel. Many times, it is not just you and your parents, but you and your parents and siblings together with in-laws and grandchildren who must face these changing scenarios. By all getting involved and having a say early, it can alleviate a lot of frustration later.

In one case where there were a number of siblings, one parent who found herself alone and facing challenges of moving on to a different stage of her life, made choices but without a family conference. So when an emergency arose, and no consensus had been reached earlier, it caused a whole lot of sibling problems that shouldn't have been.

The Emotions of Caring for Elderly Parents

by: Trina Astor-Stewart

Having cared for elderly parents, my own and in-laws in the past, I'd like to share a few of my feelings. Of course everyone is different, but this is what I found.

I cared for parents both at my home while raising a family of my own and working and I also cared for parents while they lived in their own homes and then in a nursing home situation. You might ask, what was easier? Well, because of the emotional elements, I found that I enjoyed the time I had with a parent at my home. There were many benefits emotionally. I was right there, I got a chance to visit here a little and there a little without any distance. They seemed happier and it felt more like a normal situation.

I remember my dad sitting at the kitchen table every day while I made dinner. It was a chance to get close again, to hear family stories and to laugh. In fact, finding things humorous is the only way to go. I remember when my dad felt down in the dumps one day and my husband who had been out shopping at Staples, brought home one of those, 'That was Easy' buttons. When things got a bit tough, as dad was getting forgetful, the Easy button would get pressed and we would all laugh!

Dad often couldn't believe some of the things he was not able to do anymore. Parents can be fiercely independent! He had lived on his own and not being able to drive a car anymore, had gotten a three wheel bicycle to go get groceries with down the street or just take a ride. He insisted he could still ride it, in our neighborhood and asked to have it repaired. My husband repaired it, but when dad got on, he realized it was a no go, too hard. So he was content to be driven around. Caring for parents with special needs can be extremely tiring, so if I had it to do again, I would have had some help and regularly scheduled times away. When the going got too rough, and a parent needed more care, the answer seemed best at the time to accept nursing care help. This was better on me physically, but not emotionally. I found it harder to find time to visit and the emotional pulls to be greater. But somehow you manage.

There were many rewarding moments spent with parents and even though they may be living elsewhere, your visits are so important to them. You only find out later, when you are¹⁶⁷

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no longer able to be with a parent who has passed away, what those hours meant to you. There are lots of things you do that I found parents just loved to tag along with. They were content to just go along for the ride, content just to be spending time with you. If they are living in a 'home' they need those drives and outings all the more.

The things you also do to help your in-laws mean the world to your spouse too. I found that you grow together as a family and after awhile in-laws become as much like your own parents. Children are benefited over the years and taught a sense of respect and are the recipients of a lot of love and care.

When my mother lived with us when my eldest son was a baby, sometimes it was like having two children and yet there was a knowing support of a mother that made me feel comforted in trials. There are always everyday trials, and a parent's love can help you deal with them.

Then if you are caring for a loved one who is either shut in or in a nursing home situation, when outings are not possible because of health reasons, the piece of pie you bring from home or a little fresh fruit, or chatter of home can make all the difference to a parent and all the difference to you when this is no longer possible after a death. These times become your comfort later on.

I wish we all lived full of vim and vigor to the end, but that is not always the case, so take what time you can, it is precious.

Soft Foods for feeding the Elderly

by: Trina Astor-Stewart

Both my father and my father-in-law found themselves without teeth and unable to wear dentures while eating. So I found ways to create meals that were both easy to eat and at the same time appetizing. I had to make meals for all the family, and so found ways to make our meals fit everyone.

A food processor and a blender are indispensable tools.

Basically I would cook meals as normal, the only things that were hard were salads. Although I did find a ways to create wonderful smoothies that were tasty and nutritious without actually saying, "This is mushed up salad."

Mashed potatoes, and mashed sweet potatoes are such a blessing.

Soft carrots and other cooked vegetables can be coarsely pureed. Squash and turnip are mashed for everyone and look great on the plate. Basically you want the person eating with you to not be too centered out.

I found it important for aesthetics to puree each dish separately so that they would look and taste differently.

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Most difficult is really the meat, it does not look that great once all ground up. In this case, a nice sauce or gravy on top, drizzled attractively makes all the difference.

Puddings or cream style pies are also a welcome treat, and ice cream is apparently one of the best mood enhancers going! Oatmeal porridge is another that works for most along with scrambled eggs for breakfast. Bread or cookies are always good dipped in milk or tea first.

Family Dinners

Made soft and easy to chew.

Turkey Dinner: Prepare a little turkey, either white or dark, or both according to what your parent likes best. Puree in a food processor. Arrange on a warming plate with a little turkey gravy drizzled on top.

The rest of the meal can be self served.

Menu Ideas

Mashed White Potatoes

Sweet Potato Casserole

Cottage Cheese Souffle Salad

Turkey and Gravy

Cranberry Relish

Squash Compote

Pumpkin Pie with Whipped Cream

Liver and Onions with Creamed Spinach

Pork Chops with Applesauce, cooked carrots and peas.

Salmon Croquettes

Devilled Eggs

The list is endless, use your imagination!

Cottage Cheese Souffle Salad

Dissolve 1 small package lime jello in half the boiling water called for on the package.

In a food processor place fresh washed parsley leaves and a few raw spinach leaves. Pulse processor. Add one container of creamed cottage cheese and give it another whirl. Add the lime jello, 1 tablespoon of vinegar and 1 tablespoon of mayonnaise. Pulse again and then pour the soufflé into a jelly mold. Refrigerate until set. Unmold and garnish with sprigs of parsley.

Sweet Potato Casserole

Boil sweet potatoes and peel when soft.

Chop coarsely and place in a casserole dish alternating with brown sugar and butter. Heat in the oven before serving.

Cranberry Relish

Rinse fresh cranberries and place in a sauce pot. Add a small amount of orange juice and sugar to taste. Bring to a boil, let cool and serve.

Salmon Croquettes

1 small tin salmon

finely chopped onions

pepper to taste

flour to thicken - or bread crumbs - or for gluten free version, use Astoria Mills All Purpose Flour - Mix 1

Mix all together and drop a spoonful at a time into a hot oiled skillet. Fry on both sides until done. Serve with lemon juice.

Oshawa Little Theatre